

Tuna Salad on Greens

Makes: 4 servings

Ingredients

4 whole grain crackers
4 cups romaine lettuce (chopped)
1 carrot (peeled and grated)
1 tomato (chopped)
1/4 red onion (chopped)
1 tablespoon olive oil
3 tablespoons vinegar (red wine)
1 teaspoon Italian seasoning
 black pepper (fresh cracked)
6 ounces tuna, low sodium, canned in water (drained)
1/3 cup mayonnaise, low-fat
1/4 cup celery (chopped)
1/4 cup green onion (chopped)

Directions

1. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together.
2. Mix ingredients for tuna salad in another medium sized mixing bowl.
3. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	10 g	15%
Protein	13 g	
Carbohydrates	12 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	180 mg	8%